

# HEART DISEASE AND STROKE

## The Issue

*In Maryland, heart disease and stroke are leading causes of death and disability for both men and women. Their impact is felt daily on thousands of Marylanders and their families.*

Heart disease is the leading cause of death for all Americans. Cardiovascular disease (which encompasses both heart disease and stroke) kills and disables people from all walks of life. National costs associated with medical care, lost productivity, and lost future wages due to cardiovascular disease were projected to be \$286 billion in 1999. Its long- and short-term impact is felt daily on thousands of Marylanders.

In Maryland, heart disease and stroke are leading causes of death and disability for both men and women. High blood cholesterol, high blood pressure, cigarette smoking, physical inactivity, and obesity are risk factors for cardiovascular disease. Available data show elevated levels of these factors, especially overweight and obesity, among the population. Behavioral changes, beginning in childhood, to achieve healthy diet and to increase physical activity can help to decrease overweight, high blood pressure and high blood cholesterol, and, subsequently, rates of heart disease and stroke.

<b>Percent of Adult Population Reporting Factors Related to Heart Disease and Stroke In Maryland, 1990-1998</b>		
<b>Risk Factor</b>	<b>1990 Percent</b>	<b>1997/98 Percent</b>
High blood pressure	20.6	23.8
High blood cholesterol	25.9	28.6
Obesity	12.0	20.5
Overweight	31.1	35.0
Fruit/Vegetable intake	N/A	69.9
Physically inactive	30.0	20.3
Irregular activity	30.8	30.1
Regular activity	30.1	33.2
Regular, sustained activity	7.8	16.4

**Source:** Maryland Behavioral Risk Factor Surveillance System, 1990-1998

## Topics, by jurisdiction, included in the Health Improvement Plan

**Statewide** - *Preventing Heart Disease and Stroke*

**Cecil County** - *Heart Disease and Stroke*

## Priority focus in other jurisdictions

*Heart disease and stroke* are also identified as a priority area for FY2000 in:

Carroll County • Charles County • Dorchester County • Harford County  
Washington County • Wicomico County

## Highlights of HIP strategies recommended to decrease heart disease and stroke

*(for in-depth details, see the complete text of each state and county module)*

- Reduce cardiovascular disease deaths. (**State**)
- Reduce stroke deaths. (**State** and **Cecil County**)
- Increase the proportion of adults, youth, and children who engage in regular physical activity. (**State**)
- Increase the proportion of adults who have their blood pressure and blood cholesterol level checked regularly. (**Cecil County**)

## Statewide Partners

American Heart Association (Maryland Affiliate) • Baltimore Alliance for the Prevention and Control of Hypertension and Diabetes • Delmarva Foundation for Medical Care • Maryland Health Care Commission • Johns Hopkins University • Maryland Association of County Health Officers • Maryland Chapter of the American Cancer Society • Maryland Department of Health and Mental Hygiene (DHMH) • Maryland Hospital Association • Maryland Nurses Association • Maryland Office on Aging • Maryland State Advisory Council on High Blood Pressure and Related Risk Factors • Maryland State Advisory Council on Physical Fitness • Maryland State Department of Education • Med Chi—the Maryland State Medical Society • Morgan State University • Network to Improve Community Health • Office of Chronic Disease Prevention, DHMH • University of Maryland, Baltimore County • Veterans Administration Medical Center • Women's Health Promotion Council